

RECEIVED
SEP 15 1920
CO. N. M.

Home Laundry

The Electric Washing Machine gets the week washing done in 30 minutes. No work, no worry, cost for current 2c.

The Western Electric is the best. We have it.

Come in and see it and let us demonstrate.

Deming Ice and Electric Co.
106 West Pine St.

PULMONARY TUBERCULOSIS

The Editor has requested me to write an article on this subject and I very much fear I did not know what an undertaking I was tackling when I told him that I would and I also fear that he did not know what a bum writer I was when he asked me. In the first place, writing is not my best bet and in the second place he has given me a subject upon which volumes have been written and even a so-called short treatise written on the subject would enlarge the size of The Mountain Breeze until it would look like a Western edition of the New York Sunday Times coming to the readers so instead of attempting to write a learned article on Tuberculosis, I will write as one who has been "chasing the Bug" for over a year and perhaps the things that I have learned about it and experiences I have had will be of some benefit to my "fellow chasers" in our Fort Bayard and elsewhere too.

The best definition that I ever heard of Tuberculosis was given by an Army officer who was a patient here and who was detailed to talk to the men and give them advice on the subject. He was a Regular Army officer who

was doing his second "hitch" at this post "chasing the cure." He is now retired and living nearby, believing that this climate will heal his lesion or at least keep it in check so that he may live and enjoy life. He always started his talk by saying that "Tuberculosis is an infectious, insidious disease that has to be watched." It always struck me as an excellent definition for Tuberculosis is certainly the most treacherous and the most insidious disease with which we have to deal. None of us know where we got it nor when we got it and the text books change their theories nearly every year. The latest theory is that practically all of us had it when we were young children and some established an immunity and some did not and broke down in adult life. More than likely that theory will be changed by this time next year and a newer and better one established.

The part that we are interested in is that we have it and now how to get rid of it. My experience is that we never get rid of it unless we have had a very small lesion and have established a fibrosis in a small spot of lung tissue and have plenty of lung capacity left, but we can establish a quiescence and again enjoy life by taking care of ourselves. A patient who has had much involvement has something that has to be watched the rest of his life, and the old saying "once a bug, always a bug" is very applicable. I hope it will be understood that I am speaking entirely of the Pulmonary form of Tuberculosis. Since coming to Fort Bayard over a year ago, I have seen so many that went out apparently cured or at least arrested and came back filled with activity and going through the same treatment again, in a great many cases giving up the fight and in a short time the Chaplain's services were needed. I have seen so many men here that looked the picture of health and said they felt as good as they ever did, decide they would take a trip to another climate and perhaps settle down and then in a short while come back looking "all shot to pieces" and start in all over again. There are many different theories on the effect of climate on the disease and though the Profession may contend that the same treatment in any climate will give the same benefit, they will never convince the laity of that fact and my personal experience is that this climate is the very best that can be had. I have talked with patients from everywhere and invariably they tell me that "Fort Bayard has them all skinned on the bug." As a Colonel of the Regular Army here told a visiting Inspector, "fled walls never cured the Bug."

Chasing the Bug successfully requires training. A patient has to learn to relax every muscle in his body and his mind as well. Contentment is the greatest factor in the treatment and the ones that come here with their minds fully made up that it is part of their life's duties to fight this thing and settle down and follow the Surgeon's advice are the ones that come out in a year or two years looking as if they had never been sick. This Post is isolated and there is very little to amuse and it was picked out by wiser heads than ours for that very reason. A man that is "Chasing the Bug" has no time for frivolities. He has his hands full. If a patient is dissatisfied with the surroundings and undertakes to treat himself in his own way he may as well leave at once for he is wasting his own time and the Government's time also and there are many sufferers who would be only too glad to get his opportunity at this place. The Government is doing a great work along this line and everyone should appreciate it. Remember there are no other employers that would give you the same opportunity and pay you wages besides while trying to regain your health lost in their service. The

In 4 Trips Across America Essex 4 Times Breaks Record

Carrying U. S. Mail Between San Francisco and New York It Sets a Mark for Consistency of Performance and Reliability Never Equaled by any Traveling Machine

The first test of an automobile carrying U.S. Mail across the American continent was made with the light weight, moderate priced Essex. And it resulted in establishing the Essex as holder of the transcontinental record both ways.

The performance while of momentous importance in the world of speed and automobile sportsmanship—is of greater value to the motorist. For it removes all doubt about the reliability of light weight in the most difficult and hardest road service.

RECORDS PROVE WHAT OWNERS KNOW

Ocean to ocean automobile travel has not become so common as not to be of interest to all motorists, regardless of the time required in making the trip.

Hundreds of cars have sought to set new time records between San Francisco and New York. But it has not been an easy accomplishment. The records broken by Essex had stood for four years.

Your demands can not equal those made in the transcontinental trip. But you require equal reliance of your car whatever the service imposed.

Light weight has meant economy of operation in fuel and oil. It has not particularly meant reliability, economy

of maintenance, performance or comfort.

DOESN'T IT PROVE WHAT YOU WANT?

But Essex reveals how those costly car qualities are a part also of its advantages.

You have the praise of close to 45,000 owners, to guide you to the Essex.

You have official records of its 50 hours' top speed performance as to its reliability. You have its record of 1,061 miles in 24 hours on Iowa country roads.

And now you have this most coveted of all performances—the transcontinental record—made by four different cars. Can you hesitate in deciding for Essex?

FIRST ESSEX

San Francisco to New York —4 days, 14 hrs., 43 min. Lowers Record 12 hrs., 48 min.

SECOND ESSEX

New York to San Francisco —4 days, 19 hrs., 17 min. Lowers Record 22 hrs., 13 min.

THIRD ESSEX

San Francisco to New York —4 days, 21 hrs., 56 min.

Delayed by storms and Sunday road congestion entering New York.

FOURTH ESSEX

New York to San Francisco —5 days, 6 hrs., 13 min.

This car took a longer route and also ran into storms. Yet it broke the former record by 11 hours, 19 minutes.

The average time for each of the four Essex cars over 3,347 miles Ocean to Ocean route was 4 days, 21 hours, 32 minutes.

Snodgrass Motor Company

Successor to Sam Watkins

officers of this Post are doing everything in their power to establish a good record in the treatment of Tuberculosis and it stands to reason that they are not going to do anything that will be detrimental to their patients. Remember that every rule made is done so after a lot of deliberate study and is intended for our own good. Doubtless the Commanding Officer will be glad to receive advice from any of the wisemen who may wish to offer any but my experience has been that the ones who are really sick and fighting to get well are the ones that have the least to say. They have their hands full with their own troubles and I have found Tuberculosis patients the most considerate and the kindest hearted people that I have ever known. They know what suffering and sickness is and are always glad to help another sufferer. There are many of us who feel so good at times or so blue at times that we overstep the bounds but I think there is always a little charity extended to us, we buckle down and try it again. The same thing day after day does get monotonous but the only thing to do is to "keep chasing" for we know what we can look forward to on this good old earth of ours but if we give up and quit "chasing" we will soon reach the Great Beyond of which we have only a very hazy knowledge. RICHARD E. YELLOTT. —The Mountain Breeze.

SERVICE MAN CAN'T AFFORD LIEUTENANT GOVERNORSHIP.

The republican candidate for lieutenant governor finds it will be impossible for him to accept the nomination and has tendered his resignation to George R. Craig, chairman of the state central committee. A meeting of the executive committee will have to be held at an early day to fill the vacancy. Major, Herman R. Crille, the nominee, gives his reasons in his letter of resignation, which follows: "With full appreciation of the high honor accorded me by the republican convention in nominating me for the office of lieutenant governor, I am here-with handing you my resignation. "If no other reason existed, the fact that I have a growing family, which must be supported from my law office, makes it impossible for me to become a candidate. I am devoting my time exclusively to the practice of law, and must continue to do so to keep the wolf from the door. "If you are seeking an ex-service man for the candidacy for the office of lieutenant governor, you will find in New Mexico many men who are available and deserving, and have behind them excellent and honorable records under the flag."

LAW OF SUPPLY AND DEMAND.

This week a Japanese gardener near Deming drove a truck load of cucumbers to Columbus and disposed of them at 60 cents a dozen. He said he had been selling cucumbers in Deming at 20 cents a dozen. Hereafter he will sell in this city.—Columbus Courier.

Professional Directory

A. W. Pollard
ATTORNEY-AT-LAW
107 E. Spruce Phone 85

DR. J. G. MOIR
Physician and Surgeon
No. 5, Mahoney Bldg. Phone 72

Dr. M. J. Moran
DENTIST
Mahoney Bldg. Phone 27

Phone 592 Office Hours
9 a. m. to 6 p. m.

DR. L. E. PETERSON
Dentist
Deckert Building Deming, N. M.

James S. Fielder Forrest Fielder
FIELDER & FIELDER
Attorneys at Law
110 W. Pine Phone 214

DR. F. D. VICKERS
Physician and Surgeon
No. 3, Mahoney Building

P. M. STEED
Physician and Surgeon
Office 110 E. Spruce St. Phone 90
Residence Phone 86

G. H. YOUNG, V. S.
Graduate of the Grand Rapids Veterinary College
Residence Phone 222
Office at Deming Fuel & Transfer.
Calls answered promptly day or night

EDGAR HEPP
AGENCY
GENERAL INSURANCE
PHONE 97 or 126

U. S. HUGHES F. A. HUGHES
HUGHES & COOPER
Fire Insurance
Abstracts and Conveyancing
Phone 239 115 Spruce Street

VAUGHT & WATSON
ATTORNEYS AND COUNSELLORS
Baker Block Spruce Street

CAN TUBERCULOSIS BE CURED

(By a patient who has chased the cure for over 2½ years)

Tuberculosis when caught in time, can be cured if a person when so afflicted obeys the rules and laws governing the cure of Tuberculosis. There is no one I sympathize with more than the man or woman who is a victim of T. B. particularly in view of the fact that they regard their case as hopeless. The victim of this disease must have the necessary qualifications if he wants to get cured. First his mind must be firmly made up to get well, to do exactly what the doctors advise; second, elimination of worry, discontent and discouragement; third, determination, cheerful optimistic thoughts, pure nature, feeling of hopefulness in getting well. After a person has made up his mind to develop this attitude towards getting well he must learn that medicine will not cure T. B. The three essential rules of the cure and treatment of T. B. are first, absolute rest. A person can never get too much rest in Tuberculosis. Second, plenty of fresh air. Third and last is eating good wholesome food that is nourishing. We are all getting this and it is up to every one of us to rebuild our of the situation. We will then become useful and resourceful citizens to the

bodies and strength so that in future years of our life we will be masters nation that is backing us up to the limit, anxious that we get our health again. You must prepare to remain at least one or two years in order to effect complete cure, for this climate is the best in the world. A person owes it to himself, to his relatives and to society to get well again. The business of getting well in this disease is a big man's job. When you are pronounced an apparently arrested case, you must be very careful for at least 3 years. If no recurrence of any symptoms of T. B. takes place for at least 3 years, then you can thank your lucky stars for that, for you are then in every sense of the word, cured. I hope to see every one on this hospital leave well and strong to take advantage of their future life work that the Federal Board for Vocational Education is assisting them in.

—The Mountain Breeze.

Corona
TYPEWRITERS
For Sale by
J. C. O'LEARY

Foreign Advertising Representative
THE AMERICAN PRESS ASSOCIATION

Breakfast is Ready

And such fluffy, light Biscuits to make you enjoy the meal all the more. They were made from SWAN DOWN FLOUR, and cannot be beat. SWAN DOWN FLOUR cannot be beat for any cooking purpose. If you want Bread use SWAN DOWN. If it is Hot Cakes use SWAN DOWN, and especially if you want to be real sure of a nice Layer Cake use this Flour. SWAN DOWN FLOUR once used will always be used. This stock we have on hand now is the old wheat, and is thoroughly seasoned.

MURRAY & LAYNE

DISTRIBUTORS

Phones 483-484

Groceries and Meats

WHEN YOU BUY GROCERIES AND MEATS FROM TOVREA YOU KNOW THAT YOU ARE GETTING THE BEST, AND THAT THE SERVICE IS ALL THAT OUR COURTEOUS STAFF CAN MAKE IT. WE ASK THAT YOU COMPARE OUR PRICES WITH OTHERS; YOU WILL FIND THEM AS LOW AS CONSISTENT WITH QUALITY AND SERVICE

Staple and Fancy Groceries

ALL MEATS U. S. INSPECTED

Tovrea